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ABSTRACT

This brief personal planning program takes the form of a self-survey where the student answers questions to which there are no right or wrong answers. The first part is called Where am I Now?; the second is Where do I Want to Be?; the third is How do I Get to Where I Want to Be? The first part requires fairly objective responses, while the other two parts require the student to make value judgments and develop a plan to reach his goals. (PSF)

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PERSONAL PLANNING PROGRAM

For Students

A Three Part Process
to Assist Counselors
In Helping Students To
A Better Self-understanding.

NATIONAL ASSOCIATION OF SCHOOL COUNSELORS
1201 Sixteenth Street, N. W.
Washington, D. C. 20036

$1.50

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Personal Planning Program

Part I

Where Am I Now?

Self-understanding is a prerequisite to understanding others and planning your life. A successful individual is a person who has come to terms with himself. A person that has not thought about his own identity and values and has not developed appropriate goals is likely to drift from situation to situation during his life.

Few of us really get to know ourselves. Yet every once in a while, we run into ourselves as we scurry about trying to make some sense out of life. We catch a glimpse of our motives, our hopes, our foibles and pause to refelect upon their consequences.

The self-survey that follows provides you with such an opportunity, though it is not intended to, nor does it, touch on all aspects of personality. It will provide a beginning; it will hopefully challenge you to honestly confront yourself.

There are no right or wrong answers.

* *

Are you able to face yourself squarely, or do you avoid coming to terms with yourself? When it comes to my looking at myself_____
_____

Do you tend to be courageous and resolute about your approach to things, or do you tend to back away and become fearful about new challenges? I approach new challenges_____

Do you generally appreciate the suggestions of other people, or do you resent any opinions about your work? Suggestions about my work from other people
_____

Do you assert yourself in social situations or do you tend to be shy and self-conscious in the company of other people? In the company of others_____
_____

Do you generally overcome the difficulties of the job, or do you generally attempt to skirt the real problems? When the job becomes difficult, I _____
_____

Do you appreciate the unique qualities of people and look for these qualities, or do you find it more convenient to group people and explain away their uniqueness:_____

Do you find you are generally able to trust and respect the motives of other people, or do you constantly attribute selfishness and self-interest to others?
_____

Are you generally even-tempered, or do you experience strong and frequent changes in your mood?_____

Do you generally tackle a new responsibility with dispatch, or do you tend to worry about it until it must be done? My approach to new responsibilities is

_____

Do you enjoy intellectual confrontation that requires new thought, or do you have to have a "sure thing" before you act? I base my actions on_____

_____

When asked to make decisions, do you generally find solutions without consulting others or must you generally seek counsel and support from others? When making decisions, I _____

Are you able and willing to periodically take a very critical look at your work, or do you prefer to busy yourself with details and avoid personal assessments?

_____

Are you honest and forthright in interpersonal relationships, or do you tend to hide your true feelings and carefully manage your personal expressions? In interpersonal relationships, I_____

Do you see yourself as an attractive person socially, or do you see yourself as being unacceptable to most people? Socially, I see myself _____

_____

Do you stand well under constant physical, intellectual, and emotional stress, or do you tire easily when pushed to the limits of your endurance? Under constant stress, I _____

Do you generally find yourself skillful enough to direct the behavior of other people, or do things generally get out of hand when you are in charge? When directing others, _____

Are you generally able to produce original and creative approaches to your responsibilities, or do you rely upon and have faith in more conventional and traditional ideas? In meeting responsibilities, I _____

_____

Do you possess the capacity for modifying your intellectual stance, or do you tend rigidly to adhere to a position once you publicly reveal it? Changing my ideas _____

Are you keenly aware of the needs of others, or are you continually absorbed in yourself? The needs of others _____

Are you able to diligently devote yourself to one task for long periods of time or do you skip haphazardly about from task to task without ever really completing any of them? My devotion to and attention to the task _____

_____

Do you generally feel confident about other people's ability to handle responsibility, or do you generally feel people won't measure up? My confidence in others _____

Do you see yourself as generally in harmony with persons in positions of authority or do you generally criticize and defy authority? Authority to me

_____

When approached by other people with problems, are you generally sympathetic or are you rather casual and unconcerned?_____

_____

* *

Having completed this dialogue with yourself, you ought to see some of the virtues you possess and the areas where you might improve. Regroup your personal characteristics in these three categories:

Positive	Neutral	Negative

PART II

Where Do I Want To Be?

1. What activities or projects would improve the education you are receiving during the next school year? Be as free as possible in selecting these goals. Summarize these fantasies. EXAMPLE: I want to be active in improving the curriculum in my school or I want to improve student-teacher relationships.

_____ 1.

_____ 2.

_____ 3.

_____ 4.

_____ 5.

_____ 6.

_____ 7.

_____ 8.

_____ 9.

_____ 10.

2. What would be your conception of ideal attainment in your relations with other people (family and friends.) Be as free as possible in selecting these goals. Summarize your affiliation fantasies. EXAMPLE: I want a career that will please my father and/or mother. I want to behave in a way that will result in greater acceptance by my friends.

_____ 1.

_____ 2.

_____ 3.

_____ 4.

_____ 5.

_____ 6.

_____ 7.

_____ 8.

_____ 9.

_____ 10.

3. What would be your conception of ideal attainment with regard to your personal fulfillment? Be free as possible in selecting these goals. Summarize your personal fulfillment fantasies on this page. EXAMPLE: I want to learn to fly a plane. I want to have a job that will bring great wealth.

_____ 1.

_____ 2.

_____ 3.

_____ 4.

_____ 5.

_____ 6.

_____ 7.

_____ 8.

_____ 9.

_____ 10.

4. Assign a priority value to each career goal (part 1), personal affiliation (part 2), and personal fulfillment goal (part 3). Using the following four-point scale, write the appropriate value in the space in front of each goal.

1. of little importance
2. of moderate importance
3. of great importance
4. of very great importance.

PART III

How Do I Get To Where I Want To Be?

1. From the list of goals on the previous pages, select two for detailed planning. Be specific as possible.

   a.

   b.

2. Establish a step-by-step plan to attain each goal.

   Goal:

Action Steps	Resources Available	Where or When

Action Steps	Resources Available	Where or When

3. You may choose to select a friend with which to share the data you have recorded. Talking and sharing often increases your self-insights and results in a better plan to bring about the desired changes.